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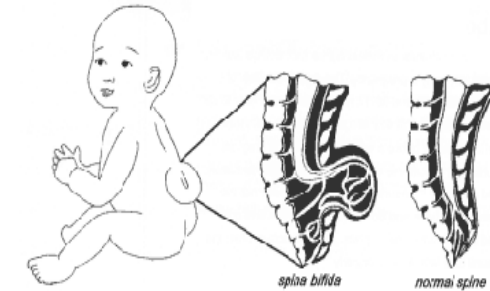
Take Your Multivitamin Every Day!

It's an expression of love for yourself.

NEURAL TUBE DEFECTS FACT SHEET

Do you know?

- About 2,500 pregnancies are affected by a birth defect of the spine (spina bifida) or brain (anencephaly), also known as neural tube defects (NTDs) each year in the U.S.¹
- Latinas have a risk 1.5 to 3 times higher than non-Hispanic white women of having a child affected by these birth defects.²
- On average, 95 babies per year are born with neural tube defects (NTDs) in Arizona.³
- Of these 95 babies with NTDs, about 48 or more cases are related to the lack of folic acid.³
- Up to 70% of all NTDs can be prevented among women ages 15-45 who consume the recommended amount of 400 micrograms (mcg) of folic acid before and during pregnancy.²
- Folic acid is a B vitamin (B9) and is found mostly in leafy green vegetables, orange juice, enriched grains, and multivitamins.^{2,3}
- It is recommended that all women ages 15-45 should take a multivitamin with 400 mcg of folic acid.
- To ensure your multivitamin contains folic acid check the label. It's easy!



Source: CDC, Preventing Neural Tube Birth Defects: A Prevention Model and Resource Guide.

Nutrition Facts

	Amount Per Serving	% Daily Value
Vitamin B12	6 mcg	100%
Folic Acid	400 mcg	100%
Calcium	450 mg	45%



Risk factors to have a baby with a NTD:²

- Women with previous NTD-affected pregnancy
- Latina/Hispanic ancestry
- Being of lower socio-economic status
- Having diabetes
- Being obese
- Taking anti-seizure medication
- High fevers in early pregnancy

Even if you don't plan to become pregnant, take a multivitamin with 400 mcg of folic acid every day!
This will help you prevent brain and spine birth defects in your baby if you ever become a mom.

References:

1. Boulet et al. unpublished; CDC personal communication, August 2008.
2. CDC, <http://www.cdc.gov/>;
3. March of Dimes: <http://www.marchofdimes.com/>

A joint effort of the Arizona Department of Health Services and community partners.

